

What is the Foundation Study Programme?

The Foundation Programme offers a unique way to develop a deep and profound understanding of the path to inner peace. Through detailed study, frequent teachings, meditation, and sincere discussions you will experience deep happiness and contentment. You will also gain an ability to easily integrate these practical teachings into your everyday life. We are very fortunate to have the opportunity to engage in such deep study and practice of Dharma.

'How does the Foundation Programme fulfil our own wishes? By increasing our wisdom and our experience of Dharma. With wisdom and Dharma experience we can solve all the problems we encounter in daily life and we can protect ourselves from danger in the future. With wisdom and Dharma experience we will also become our own doctors. Whether we are young or old, rich or poor, famous or of humble origins, without choice we all have to experience mental pain. We need a remedy for this pain. No one else can give us medicine that will relieve this type of pain, we have to become our own karma-doctor and cure ourselves through Dharma experience,' Venerable Geshe Kelsang Gyatso.

Many Buddhist practitioners have a sincere wish to deepen their knowledge and experience of Dharma and to gain authentic spiritual realisations through a structured programme of Dharma studies. The Foundation Programme is designed to fulfil this wish. It provides a systematic presentation of the basic subjects of Mahayana Buddhism, forming a perfect basis for a strong daily practice and successful meditation retreats. The Programme includes six commentaries written by Venerable Geshe Kelsang Gyatso.

When is the Foundation Programme?

There are two Foundation Study programmes offered at Bodhisattva Centre. Each programme consists of two classes each week.

Programme 1: Sundays 10am-12pm & 1-2.30pm

Programme 2: Sunday & Monday 7.30-9.30pm

'Our present understanding and experience of Dharma is quite superficial. We are like someone who has entered a huge food store and seen many things but sampled only a few. There is a gap between us and the Dharma. It feels as if Dharma is there and we are here. Our mind is not mixed with Dharma and so we cannot apply it in our daily lives. As a result our ordinary everyday problems remain. When we study Dharma our mind remains passive, like someone watching television. It does not engage in the subject and mix with it. Therefore our daily life and our Dharma remain completely separate and unrelated. Why is this? It is because we are not studying systematically according to a specially-designed programme,' Venerable Geshe Kelsang Gyatso.

Don't have the available time?

For those who are unable to physically attend the classes due to work, travel, family or other commitments, these programmes are also available through correspondence. Please email for details, epc@meditateinbrighton.com

Cost of the Programme

The cost is by Centre Card at £35 a month by standing order. A Centre Card covers the **cost of all weekly classes** at Bodhisattva Centre and our branches. Centre Card holders also benefit from discounts on many of our special events such as day courses and retreats.



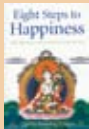
What do we study?



Joyful Path of Good Fortune - a complete guide to the essential teachings of Buddha. Providing step-by-step guidance on all the meditations leading to full enlightenment and offering practical methods for transforming our life and finding lasting peace and happiness.



Universal Compassion - how to develop universal love and compassion. Offers practical instructions for solving all our daily problems and explains how to transform even the most difficult conditions into opportunities for spiritual growth.



Eight Steps to Happiness - how to develop love based on genuine cherishing of others. Gives essential advice for developing compassion and wisdom and practical instructions on transforming life's difficulties.



Heart of Wisdom - commentary to The Heart Sutra. Discover the dream-like nature of all things and realise the truth behind appearances. Cultivate the wisdom that liberates our mind.



Meaningful to Behold - commentary to Shantideva's verse masterpiece, *Guide to the Bodhisattva's Way of Life*. Essential advice for developing all the qualities needed to attain enlightenment, explaining how we can genuinely benefit others in daily life.



Understanding the Mind - what is the mind and how does it work? Learn how to recognise and abandon harmful minds and how to develop and maintain minds that lead to peace and happiness.

Foundation Study Programme

Take the *Next* Step



We invite you to attend a free introductory talk to find out more. The date of our next introductory talk is:

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